

Beef Pad Thai

Ingredients

- 15.4 oz whole grain spaghetti
- 2 tsp vegetable oil
- 4 tsp onion, chopped
- 1-3/8 tsp garlic, minced
- 1-3/8 tsp ginger, minced
- 1/2 cup cabbage, chopped
- 7-3/8 tsp carrot, grated
- 4 tsp green bell pepper, sliced
- 4 tsp red bell pepper, sliced
- 2 tsp sesame oil
- 3-3/8 tsp hoisin sauce
- 1 tsp soy sauce, low sodium
- 7-5/8 tsp teriyaki sauce
- 1 tsp lemon juice
- 1/2 tsp rice wine vinegar
- 1/2 tsp light brown sugar, packed
- 1/4 tsp sriracha sauce
- 8.3 oz frozen cooked beef crumbles

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 575 calories,
13.48 g fat, 4.64 g saturated fat,
537 mg sodium, 92.4 g
carbohydrate, 13.3 g fiber, 3.7 g
sugar, 28.29 g protein

Directions

1. Cook pasta according to package instructions.
2. In a large pan, add oil, sauté onions, minced garlic, and ginger for 45 seconds. Add cabbage, carrots, and peppers and continue to sauté until vegetables are just tender.
3. In a large bowl, combine sesame oil, hoisin, soy, teriyaki, lemon juice, vinegar, sugar, and sriracha. Mix together until all is fully incorporated
4. Add beef and sauce to vegetable mixture and heat. Add pasta and stir to combine. Heat to 165°F.